

Recovery Alive Champions (RAC) Program

Introduction

Alcohol addiction continues to devastate families and individuals, leading to severe poverty, educational dropouts, and significant health challenges. In regions like Kangemi, Kibera, Rongai, Bungoma, and Elgeiyo Marakwet, the impact is particularly harsh, with funds meant for basic family needs often diverted to alcohol, causing children to drop out of school and families to go without food. Alcoholism has also led to job losses and entire livelihoods being destroyed.

The Ngao Foundation has taken a proactive step to address these issues through our Alcoholics Anonymous (AA) program, known as Recovery Alive Champions (RAC). We support individuals, families, youths, and communities struggling with addiction by creating awareness, offering training sessions, running AA meetings, and visiting homes and schools to recruit those wishing to quit alcohol. However, we need financial support to enhance our operations and reach more individuals and communities.

Objectives

1. **Create Awareness:** Educate communities about the dangers of alcohol addiction as a complicated disease.
2. **Offer Training:** Provide training sessions on diverse topics related to addiction and recovery.
3. **Run AA Sessions:** Conduct AA meetings three times a week to support individuals in their recovery journey.
4. **Home and School Visits:** Visit homes and schools to create awareness and recruit individuals with a desire to quit alcohol.
5. **Establish a Rehabilitation Centre:** Provide a welcoming space where individuals and families struggling with addiction can find support, participate in sessions, and share experiences.
6. **Develop Educational Materials:** Produce AA materials, videos, and document stories to support and inspire others in the community.

Activities

1. **Awareness Campaigns:** Conduct community outreach programs to educate people about the risks of alcohol addiction and the support available through RAC.
2. **Training Sessions:** Organize workshops and seminars on topics such as coping strategies, mental health, and relapse prevention.
3. **AA Meetings:** Facilitate regular AA sessions, providing a platform for individuals to share their experiences and support each other.

4. **Home and School Outreach:** Engage with families and schools to identify and support individuals in need of assistance.
5. **Rehabilitation Centre Establishment:** Secure a facility where individuals can receive comprehensive support, including counseling, training, and social activities.
6. **Resource Development:** Create and distribute educational materials, videos, and documented success stories to raise awareness and motivate others.

Impact

- **Increased Awareness:** Greater understanding of alcohol addiction as a disease and its impact on individuals and families.
- **Supportive Community:** Establishment of a supportive network for individuals in recovery.
- **Improved Health:** Reduction in alcohol-related health issues and associated healthcare costs.
- **Economic Stability:** Helping individuals regain employment and financial stability.
- **Educational Continuity:** Reducing school dropout rates by addressing the root cause of family financial instability.

Budget

Activity	Estimated Cost (Ksh)
Awareness Campaigns	200,000
Training Sessions	300,000
AA Meetings	100,000
Home and School Outreach	150,000
Rehabilitation Centre Establishment	3,000,000
Resource Development	250,000
Total	4,000,000

Call to Action

The Ngao Foundation is seeking funds from individuals, groups, companies, governments, and well-wishers to support the Recovery Alive Champions (RAC) program. We believe that with your help, we can create a significant impact in our communities by providing the necessary support to those struggling with alcohol addiction.

No support is too small, and every connection is valuable. Join us in this mission to transform lives and rebuild communities.



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Conclusion

The Ngao Foundation's Recovery Alive Champions (RAC) program is a vital initiative aimed at combating alcohol addiction in our communities. With your support, we can expand our reach and provide much-needed resources and support to individuals and families affected by alcoholism. Together, we can make a difference and promote a healthier, more productive society.